

Fall & Winter Safety

Fort Devens Safety Office
December 2012

Introduction

Purpos To increase individual's safety awareness level by providing information that will encourage the employee to change their behavior and decrease the chance for an unpleasant event.

The **No. 1** cause of winter driving accidents is
driving too fast.

Motor Vehicle Accidents are the **No. 1**
cause of death in winter storms

Prepare YOUR Vehicle for the Winter

- Winterize your car
 - Check antifreeze, defroster, emergency signals, heater, lights, oil, tires, windshield washer fluid, and wiper blades
- Have emergency supplies in your car
 - Blanket, jumper cables, first aid kit, flashlight, ice scraper, matches and a candle, sand/gravel, small shovel and a cellular phone

Before You Drive

Prior to driving in a winter storm:

- Let your car warm up for a few minutes
- Clean the entire car before you begin to drive.
- Make sure all lights work and are clear of ice and/or snow.
- Clean ice and snow off your windshield wiper blades.
- Check horn, adjust mirrors, test brakes.

***Do this BEFORE you leave home
and/or the office***

While Driving

- Use low beam headlights:
 - --during dusk and dawn (also at night).
 - --in fog.
 - --during rain, sleet, snow.
- When using windshield wipers, use headlights.
- Do NOT use parking lights while vehicle is moving.

➤ ***SEE AND BE SEEN***
Use turn signals.

Maintain SPACE



peed - The No. 1 cause of winter driving accidents is driving too fast.

atience and courtesy save lives.

wareness of other vehicles and your environment is essential.

oncentration - The increased hazards of winter driving make this important

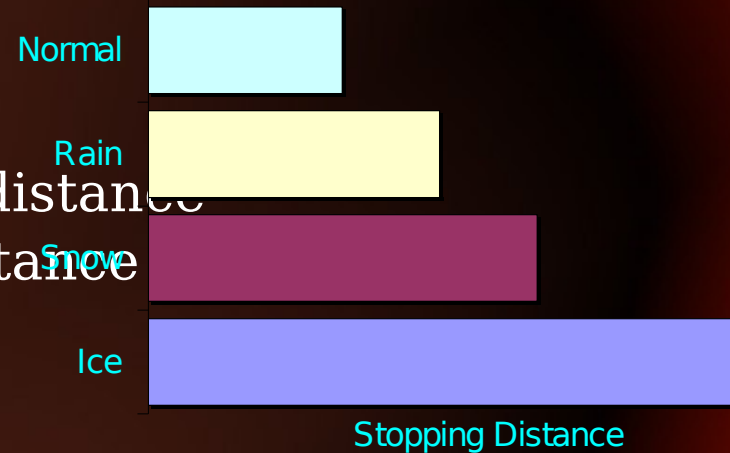
Safe Driving Skills

➤ Following Distance

- Normal (Dry Road) Driving - 3 seconds
- Winter Driving - 6 or more seconds

➤ Stopping Distance

- Rain - 50% more than dry
- Snow - 2x normal stopping distance
- Ice - 3x normal stopping distance



➤ Braking

- Gently tap and release brake pedal in a pumping motion
- Vehicles with ABS/disk brakes should apply steady, gentle pressure to the pedal - *do not pump brakes.*

Other Winter considerations

Clothing

- ✓ Wear a hat!
- ✓ Wear gloves!
- ✓ Wear shoes with good traction!
- ✓ Layer your clothes!

Sports

- ✓ Check Equipment
- ✓ Wear a helmet
- ✓ Wear goggles
- ✓ Stay in Pairs

Child Safety

- ✓ Be aware of the time spent outside
- ✓ Check sleigh path
- ✓ Dress children in layers
- ✓ Have hot cocoa on hand

Home Safety

- ✓ Check electrical wiring
- ✓ Check furnace/wood stove
- ✓ Have chimney cleaned
- ✓ Review Snow Blower manual
- ✓ Keep a bag of salt in garage

Slips Trips and Falls

- Slips
 - Rushing
 - Wet surface
 - Icy surface
 - Improper footwear
- Trips
 - Inattention
 - Poor Housekeeping
- Falls
 - Improper use of equipment
 - Uneven walking surface
 - Reduced visibility

The Silent Killer

Carbon Monoxide

- Unvented Heaters
- Vehicles
- Gas operated appliances
- Charcoal

**Symptoms may not be recognized
before collapse unconsciousness and
death.**

Symptoms include:
Tightness across the forehead,
headache,
Throbbing in temples
Weariness/weakness/loss of
muscular control
Pain
Dizziness and/or nausea

Carbon Monoxide Safety

- ✓ **Prevention: Adequate ventilation (whether at home, in vehicle or in the workplace).**
- ✓ **Exhaust systems for home heating devices should be checked periodically.**
- ✓ **Open garage doors before starting vehicles.**
- ✓ **Purchase and install (CO) detectors**

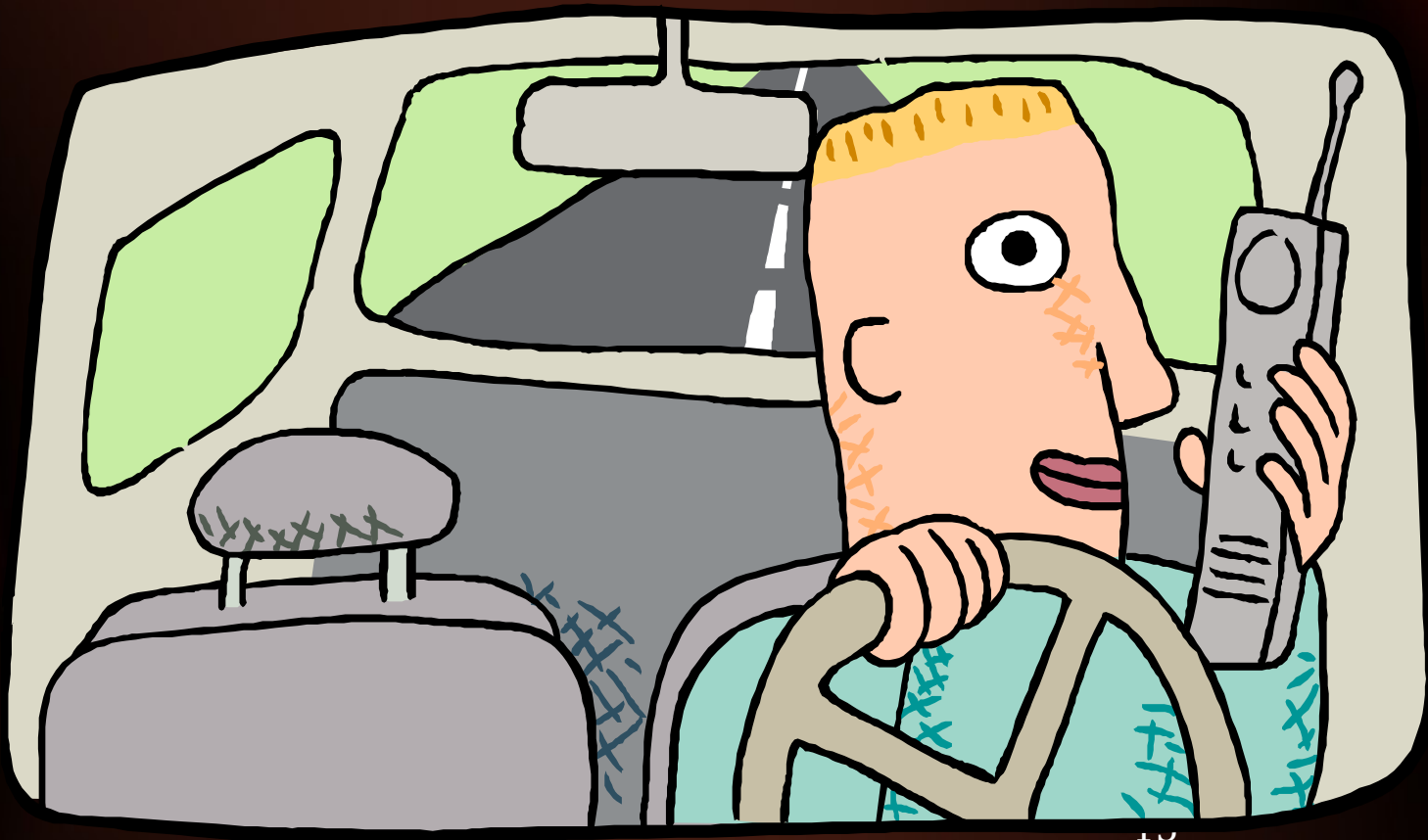
Sleeping in an enclosed vehicle with the engine running can lead to a nice quiet death-

**DO NOT SLEEP IN A
VEHICLE WITH ENGINE
RUNNING !!!**

Click It or Ticket

- **Safe driving takes precedence over all travel schedules**
- **Seatbelt use mandatory**
- **Consequences of drinking and driving**
- **Procedure to follow in case of emergency**

No Cell Phones



Friends Safety

Collect car keys when guest arrive.

Plan to have designated drivers.

Offer non-alcoholic drinks for designated drivers.

Don't let friends drive drunk - call cab.

Offer to let over-doers stay the night.

**All deaths are caused by
one or more of these**

Speed

Alcohol

Fatigue

Lack of Seat Belts



**Remember those who wish
they had their seat belts on
!**

THE SAFETY
OFFICE
WISHES YOU
A VERY SAFE
FALL & WINTER
SEASON!